

Green Beans Amandine²⁰

Number of Servings: 20 (130.2 g per serving)

Amount	Measure	Ingredient
2 1/2	qt	Beans, green, cut, 50% less salt, cnd
1 1/2	cup	Nuts, almonds, slivered
3.00	Tbs	Margarine, soft, hydrog & reg soybean oil, Gold n Soft

Nutrients per serving

Nutrition Facts			
Serving Size (130g)			
Servings Per Container			
Amount Per Serving			
Calories 80	Calories from Fat 50		
% Daily Value*			
Total Fat 6g	9%		
Saturated Fat 0.5g	3%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 210mg	9%		
Total Carbohydrate 6g	2%		
Dietary Fiber 2g	8%		
Sugars 2g			
Protein 3g			
Vitamin A 10%	Vitamin C 2%		
Calcium 4%	Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Notes

* * Remember each gallon green beans is 16 cups of green beans not a #10 can

Frozen Green Beans may be used in this recipe instead of 50% less salt canned Green Beans

If Frozen Green Beans are used, cook in a small amount of water, without added salt, until tender, measure and continue with recipe

Lightly brown almonds in margarine.

Heat green beans to 160 degrees F and drain off all but a small amount of liquid.

With green beans in counter pans, just before service sprinkle with almonds and cover to keep hot.

Serve 4 oz spoodle portion = 1 vegetable.